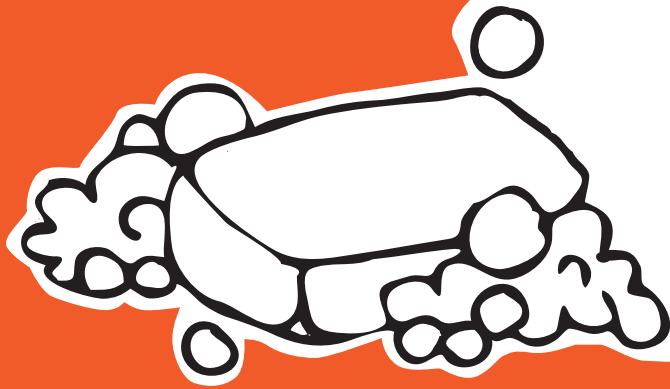


**Stop the spread of germs that make you and others sick!**

# CLEAN YOUR HANDS



Wash hands with soap  
and warm water for  
20 seconds  
*or*  
clean with alcohol-  
based hand cleaner.



# COVER YOUR COUGH



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze  
*or*  
cough or sneeze  
into your upper  
sleeve, not your  
hands.



Put your used  
tissue in the  
waste basket.



## BERKELEY LAB

For more flu information, visit [pandemic.lbl.gov](http://pandemic.lbl.gov)